

TRACKING ...

NEWS



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The Fort Jackson *Leader*



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Trailblazers



Photo by SUSANNE KAPPLER

From left, Media Jassim, Isran Beden, Noor Al Rubaye and Isran Al Rubaye, all of whom are lieutenants in the Iraqi police, watch a video presentation at the Medical Simulation Training Facility Monday. The women, who were among the first female graduating class of the Iraqi police academy, visited the post as part of a two-week trip to the United States.

Iraqi police pioneers visit installation

By SUSANNE KAPPLER
Fort Jackson Leader

On the day Fort Jackson celebrated women's history, a group of history-making female police officers from Iraq visited the post. The officers came to the installation as part of a two-week trip to the United States to learn about the country and police work here.

The four women, who graduated from

the High Institute for Security Development in 2009, are members of the first female graduating class of Iraq's police academy.

"This visit is very important in promoting the role of women in Iraq," said Col. Craig Currey, deputy commanding officer of Fort Jackson. "They are the first (female) police graduates and are learning what women can do to help Iraqi police forces better protect their people. (Their) coming to Fort Jackson is an honor for us all, as we were chosen to

help them understand training in the Army and developing women as leaders in our military."

In addition to meeting with post leaders, the women visited the Engagement Skills Trainer 2000 marksmanship facility, observed training at the Medical Simulation Training Facility, attended the Women's History Month luncheon, watched a K-9 unit demonstration and toured the Family

See **IRAQI:** Page 8

Women big part of Army history, future

As most of you know, March is Women's History Month and we have a super program here at Fort Jackson to support and acknowledge this.

According to the latest available statistics, women serve in 91 percent of all Army occupations and make up roughly 14 percent of active duty Soldiers. In the Army Reserve, the number jumps to roughly 24 percent and in the National Guard, women represent 14 percent. These statistics represent significant progress in our Army in terms of equal employment opportunity.

Here are some interesting facts showing how women's roles are increasing:

❑ Before the 1994 Department of Defense assignment rule, 67 percent of the positions in the Army were open to women. At present, 70 percent of the positions in the Army are open to women, and women serve in 91 percent of all Army occupations.

❑ An increasing proportion of senior-level active duty and DoD positions is being filled by women. The percentage of female Army officers who are active duty and in grades O-4 and above increased from 11.5 percent in 1995 to 13.3 percent in 2009.

❑ The same holds true for active duty women in grades E-7 through E-9, who went from 8.3 percent in 1995 to approximately 10.8 percent as of 2009. In the grades GS-13 through senior executive service, the percentage of women increased significantly from 18.9 percent in 1995 to roughly 31 percent as of two years ago.

One of the most important facts that relates directly to our primary mission at Fort Jackson is that more than 60 percent of the women enlisting in our Army receive their Basic Combat Training right here at Fort Jackson. That's a pretty impressive statistic.

As I mentioned, this past week the Army began a month-long observance of Women's History Month. On Monday,

MAJ. GEN. JAMES M. MILANO

*Fort Jackson
Commanding
General*



Fort Jackson held its annual luncheon, focused on the theme "History is Our Strength." Speaking of history, one footnote I'll point out is that if you are ever at Fort Lee, Va., visit the U.S. Army Women's Museum. The museum traces women's contributions from the late 1700s to the present, telling many fascinating stories with informative, interactive exhibits and videos.

Military service for women is a continuous journey, one that began back in the American Revolution, when Margaret Corbin — who was known as Capt. Molly — assumed the post of her husband after he was killed. Capt. Molly subsequently received the military pay she was due, and following her death, she was laid to rest at West Point.

During the American Civil War, women served as nurses, supply specialists, and even spies — while some of them disguised themselves as male Soldiers to actually engage in ground combat. Women were instrumental in organizing public relief efforts. They staffed government, hospitals and whatever else needed staffing. One woman even acted as an assistant surgeon tending to the wounded.

Women's contributions in the Army's medical field took center stage in the subsequent Spanish-American War. More than 1,500 nurses served with the Army in Cuba, Hawaii, Puerto Rico, as well as in many stateside hospitals. In World

War I, women were enlisting everywhere — more than 12,000 served stateside, while overseas Army and Navy nurses, volunteers for the Red Cross and others were tending to the medical needs of our doughboys.

During World War II, approximately 400,000 women served in all the branches of service and in every theater. Some 460 women made the ultimate sacrifice, losing their lives, while nearly 100 military nurses were held as POWs. American military women's contributions were immense in the Korean and Vietnam eras as well, but it wasn't until the late 1960s that we saw the legal ceilings on women's promotions lifted. In 1970, we saw our first female general officer. Slightly more than five years later, women were permitted to enroll in the military service academies.

In 2008, we witnessed the promotion of the Army's first four-star general when former President George W. Bush tapped Ann E. Dunwoody, then a lieutenant general, to serve as head of Army Materiel Command. Today, military women are serving in all types of positions. They number almost more than 350,000 strong across the Armed Forces — active duty, the Guard and Reserves. In 2010, Brig. Gen. Colleen L. McGuire became the first female provost marshal general of the Army and also took command of the Army's Criminal Investigation Command. Closer to home, in the fall of 2009 we witnessed a major Army milestone for women when Command Sgt. Maj. Teresa King became the first female commandant of the Drill Sergeant School here.

I hope to see many of you at our events celebrating Women's History month. All of our service members are important to our Army mission and this month the emphasis is on acknowledging and celebrating the contributions of our wonderful female officers, noncommissioned officers, Soldiers and civilians, all of whom enable us to stay Army Strong! Thank you for your service.

Victory Starts Here!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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LETTERS

SAFETY SPECIALISTS CRITICAL FOR TRAINING

Most leaders cringe when they see a safety specialist arrive at their range or training event. This apprehension stems from decades of leaders fearing an unsatisfactory safety report, as well as the ingrained mindset that "training is risky business."

I will argue that leaders, at all levels, can better control risks while effectively accomplishing their mission if they build a good working relationship with the Fort Jackson Safety Center. Training does not have to be "risky business."

You can eliminate most risks if you include Composite Risk Management and its component, mishap risk management, into all aspects of planning and training as outlined in DA PAM 385-10 and DA PAM 385-30. That is where your safety specialist enters the picture.

Company B, 4th Battalion, 10th Infantry Regiment has built a strong relationship with the Fort Jackson Safety Center and its safety specialist, Don Busbice, to improve the unit's ability to facilitate safe and effective training for the units we support. Being that the unit runs many ranges and training events for Fort Jackson Soldiers, safety is a constant concern.

Events such as throwing up to 480 live hand grenades per day or Soldiers crawling under machine guns firing live rounds are cause for great concern



BUSBICE

when it comes to safety. Throughout the past few months, I have asked safety to inspect my ranges and certification processes to give us an honest assessment of our safety program.

Through this relationship, we continue to improve the safety on our ranges and training sites. Another considerable benefit is the continuous maintenance of our Unit

Safety Program. We have all been there, scrambling to get our programs in line prior to a command inspection. By interacting with our safety specialist on a weekly basis, we are able to excel not only in creating a safe training environment, but in all inspections as well.

By working with Mr. Busbice, we have derived certification processes for systems not commonly found in the Army's inventory. Without his help, we would have struggled figuring out what right looked like. The Fort Jackson Safety Center has a wealth of knowledge and is more than willing to assist leaders in protecting Soldiers and equipment.

**Capt. Brian Gaddis
Commander, Company B
4th Battalion,
10th Infantry Regiment**

FLRC provides family resources

Counseling among services offered at resiliency center

By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader

From the brightly colored children's toys, to the plush sofas and even the numerous clocks decorating the walls of the conference room — everything in the newly opened Family Life and Resiliency Center works toward the center's mission: providing Soldiers, families and civilians a place where they can enhance physical, emotional, social, family and spiritual resiliency.

"That's our bread and butter," said Chaplain (Maj.) Charles Kuhlman, the family life chaplain who also runs the center. "That is what we do."

Though the FLRC opened officially this month, programs have been under way since January, Kuhlman said.

In addition to serving as a meeting place for several family and spiritual programs, the chaplain-led center offers confidential counseling.

"As we travel along the way, as we travel through our military journey and various transitions, we need help and at other times, we provide help," Kuhlman said, quoting the center's mantra.

"One of the unique (aspects) that chaplains provide to the FLRC is that they have a theological grounds in and the clinical training to deal with the (practical) approach and spiritual aspect of it," he said.

Kuhlman added that just because chaplains conduct the counseling doesn't mean that it is a strictly "religious" program.

"There isn't any pushing," he said. "We meet the individuals where they are."

Before receiving counseling, each person is asked to fill out an intake form in which they are asked a series of questions, including some that are faith related. This allows chaplains to better come up with a treatment plan that includes a faith-based approach, or not.

The chaplains who provide counseling are family-life trained, which means that in addition to their usual chaplain training, they have finished a condensed 15-month training that includes an on-the-job internship with face-to-face counseling. After finishing the training, the chaplains meet the clinical requirements for counseling in most states.

Angela Piekieleko, an Army veteran, spouse and mother of two young boys, said the FLRC offers families a much-needed resource.

"This sounds amazing," said Piekieleko,



Photo by CRYSTAL LEWIS BROWN

Chaplain (Maj.) Charles Kuhlman, family life chaplain, sorts through a box of dolls depicting men and women in different job uniforms. The dolls, along with the other toys at the Family Life and Resiliency Center, are tools the chaplain-counselors use for children's therapy.

who has been at Fort Jackson for more than a year and is active in the Protestant Women of the Chapel. "I think there are a lot of families here who are struggling. We don't (always) see a (big) need here for family life help ... because we're a TRADOC post.

"When families go through a deployment, then get stationed here and their (Soldier) is a drill sergeant, that's stressful."

She added, "This could really help so many families who are struggling here. Being a spouse, and meeting all these women and just talking to them; they're hurting."

While Piekieleko appreciates the re-

“As we travel along the way, as we travel through our military journey and various transitions, we need help and at other times, we provide help.”

— Chaplain (Maj.) Charles Kuhlman
Family life chaplain

ligious aspect of the FLRC, she said she is glad that it is still an inclusive resource.

"I think that's one of the good things about this; it can be spiritual, but (doesn't) have to be. This is going to be an amazing thing for our families, as long as they use it. I think this

will really help people with their spiritual walks, regardless of what their faith is."

Chaplain (Maj.) Carl Rosenberg, who teaches the Chaplain Basic Officer Leadership Course at the U.S. Army Chaplain Center and School, said the center also serves as a learning opportunity for the post's chaplains.

"The piece that I'm very excited about

is the continued enhancement of pastoral skills for our chaplains," he said. "We help chaplains improve their skills."

Part of Rosenberg's duties include supervising more junior chaplains, and providing assistance when needed.

Both Rosenberg and Kuhlman hold master's degrees in counseling, with an emphasis in marriage and family therapy. And Rosenberg is a diplomate supervisor in the College of Pastoral Supervision and Psychotherapy, which means he has undergone additional training to be a clinical supervisor.

Though Rosenberg and Kuhlman may intervene and provide their knowledge to help another chaplain, if necessary, counsel a client, Kuhlman maintains that confidentiality is always kept.

"The bottom line is, what you say here, stays here," he said.

That confidentiality is necessary, he says, to help further alleviate any stigma associated with seeking counseling.

"Building your ... resiliency is looked at as a positive thing, not a negative thing. The individual who is a better wife, a better husband; an individual who works on his or her personal relationships will (also) be a better member of the workforce."

Rosenberg said that the center is also a conduit for those who may want to seek behavioral health help, but are fearful.

"We are a bridge between the medical care and (the client)," he said. "We can help lower people's inhibitions about seeking care. We're a live 'military one source,'" he said.

Those who need additional counseling may be referred to another agency as necessary, Rosenberg said.

Currently, the FLRC offers counseling services by appointment only.

But the FLRC isn't only about counseling. Already, groups such as the A.T. E.A.S.E spouse's organization and Club Beyond, a youth ministry, meet in the building. Brown-bag lunches and other workshops aimed at improving resilience are in the works.

The key, said Kuhlman, is to take a proactive approach.

"We're double-stitching the seams," he said.

Rosenberg shared a similar sentiment, adding that their jobs are to enrich the Fort Jackson community.

"We are passionate about helping families live healthy, rich lives."

Crystal.Y.Brown@us.army.mil

Editor's note: To make an appointment to speak with a counselor at the Family Life and Resiliency Center, call 751-4966/4949. The FLRC is located next to the Strom Thurmond Building, off Marion Avenue.



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao for breaking news and updates.

Battalion commanders hit the books

Advanced leadership development course part of CG's training program

By **CHRIS RASMUSSEN**
Fort Jackson Leader

Initial Military Training battalion commanders are used to leading by example. But that doesn't mean there isn't any room for improvement.

Fourteen Fort Jackson battalion commanders got a chance to reflect and improve on their leadership skills earlier this month during a three-day leadership training program with the Center for Creative Leadership in Greensboro, N.C.

"It was an amazing experience," said Lt. Col. Larry Murray, commander of the 2nd Battalion, 60th Infantry Regiment. "I learned a lot about myself. Any feedback, good or bad, always needs to be received."

The course is part of a larger leadership training program instituted by the installation's commanding general. Leader development is one of five priorities set forth by Maj. Gen. James Milano, Fort Jackson commanding general.

"Army leaders are trained to supervise within two levels of their subordinates," said Michael Ryan, the installation's strategic planner. "Battalion commanders focus on company commanders and the commanding general focuses on battalion commanders."

“It was an amazing experience. I learned a lot about myself.”

”

— Lt. Col. Larry Murray
2nd Battalion,
60th Infantry Regiment



The three-day course, which was held March 1-3, began with a complete assessment that measured 16 skills critical for successful leadership. The Center for Creative Leadership staff then reviewed those assessments to determine the commanders' strengths and weaknesses as leaders. The assessment was derived from self reports, direct reports, peers and supervisors.

"It is a great opportunity to reflect on your leadership skills and personality traits and how they impact an organization," said Lt. Col. Bryan Hernandez, commander

3rd Bn., 34th Inf. Reg. "It gives you a gauge on what we do well and what we can improve on."

The commanders were then put into small groups where, with the help of CCL coaches, they focused on creating positive changes within their organizations. Day Two began

with a study on understanding teams and organizations, influence and transforming an organization. The second day culminated with a visit to an American Revolution Battlefield — Guilford Courthouse National Military Park in Greensboro.

The last day of the program began with one-on-one sessions with personal coaches to develop a plan of action.

"The best part of the week was the last day when we sat down with a coach and developed a strategy to modify our behavior to what we want to improve on and (created) a strategy to groom our personal strengths," Murray said. "You really find out about your own personality quirks

and how to get to what you are striving toward."

A one-day, follow-up session of the course is slated for May 17 to gauge the commanders' successes on implementing new leadership styles.

"The biggest leadership style I want to bring back to my battalion is to provide more feedback to my subordinates and not waiting until a counseling session," Hernandez said.

The Center for Creative Leadership, which was founded in 1970, offers 14 different leadership programs to 20,000 individuals and 2,000 organizations annually across the public, private, nonprofit and education sectors. Its programs, which are designed to advance the understanding, practice and development of leadership, ranked in the top 10 worldwide by *Financial Times*.

Chris.Rasmussen@us.army.mil

Editor's note: The leadership training program is part of Fort Jackson's Campaign Plan, and is tied to training objective 2.0 — developing leaders.

CPAC Corner

FINANCIAL AND LEGAL OBLIGATIONS

Federal employees are required to meet their financial obligations in a proper and timely manner. Failure to do so reflects adversely on them, the Army, and the government.

It is also considered improper conduct. Failure to honor valid debts or legal obligations may result in disciplinary action.

Employees should be counseled when complaints of indebtedness are received, especially when there are repeated instances or it impacts on the employee's ability to perform his or her duties.

The Army does not take any part of an employee's salary to pay private debts except to enforce certain legal and financial obligations to the federal government or to make child support or alimony payments. Court-ordered wage garnishments, received by supervisors or the Civilian Personnel Advisory Center, must be referred to the Judge Advocate's Office.

MERIT SYSTEM PRINCIPLES

Personnel management is based on and embodies the merit system principles.

The merit system principles are the public's expectations of a system that is efficient, effective, fair, open to all, free from political interference and staffed by honest, competent and dedicated employees.

As DA experiences continue to change in the management of human resources (centralization, deregulation, delegation, etc.), it becomes increasingly important that line supervisors and managers incorporate the merit system principles into every decision process they use.

Military top chefs



Photo by C. TODD LOPEZ, Army News Service

Cpl. Josh Hoyt prepares an Asian-themed dish as part of competition during the 36th Annual Culinary Arts Competition, March 3-9, at Fort Lee, Va. The competition pits military food service professionals against themselves and each other to show off their best cooking skills.



Emerging leaders visit

Above, Staff Sgt. Jamie Wall, a drill sergeant with 165th Infantry Brigade, briefs Leadership Columbia participants on the destroyed bridge obstacle Tuesday at the Teamwork Development Course. Fort Jackson hosted about 80 members of the leadership development group, which is run by the Greater Columbia Chamber of Commerce, for a day of instruction, discussion and observation. Left, Anthony Hernandez, a participant in Leadership Columbia, lines up a board Tuesday at the Teamwork Development Course. Visit www.jackson.army.mil for more photos.

Photos by CHRIS RASMUSSEN

EFMP fair to bring out family agencies

By CHRIS RASMUSSEN
Fort Jackson Leader

The number of nonprofit organizations out there willing to lend a helping hand to military families can be daunting.

So Army Community Services has a solution — bring all of those agencies and Soldiers and their families under one roof and let them meet.

“Family members ... move from installation to installation, and when they come to a new community, they are not aware of what is available to them,” said Cheryl Jackson, Exceptional Family Member Program manager. “And they typically have so much going on in their lives that they don’t have the time to go and find out.”

The EFMP will host the second annual Resiliency Awareness Fair, 10 a.m. to 2 p.m., Tuesday at the Solomon Center.

An estimated 70 agencies from the surrounding community and installation will be on hand to offer information about their services.

“All of the agencies that provide a service to families will come together for one day to give families a chance to see them face-to-face (without them having) to leave the installation,” Jackson said.

ACS started the fair last year with about 60 organizations and although it is targeted for those in EFMP, anyone is invited to attend. The fairs is a way to accommodate Soldiers’ busy schedules and ensure that the programs, many of which are free, don’t go unused.

“This is not necessarily just for families with special needs,” Jackson said. “We are looking at a wider scope of military families. It could be a family that takes care of an elderly family member or a Soldier with a disability.”

Off-post organizations slated to attend include the Boys and Girls Club, Columbia YMCA, Harvest Hope Food Bank, Brain Injury Association of S.C., Goodwill Industries, S.C. Autism Society, New Parents Support Program, USC Speech and Hearing Research Center, United Way of the Midlands and Veterans Affairs.

Another community organization participating in the fair is EdVenture Children’s Museum in Columbia.

“We are so pleased to partner with Fort Jackson in getting the word out about resources and programs available to children with disabilities and their families,” said Dr. Katherine Williams, health education programs manager for EdVenture. “We share our knowledge about community resources and, in turn, it helps make this a better community for everyone.”

Fort Jackson agencies expected to be

there include all ACS programs, Family and Morale, Welfare and Recreation, Victory Travel, Military OneSource, Fort Jackson Education Center, American Red Cross and Child, Youth and School Services.

“We will be giving out information on our upcoming summer camp and let the military families know they can register online for our classes and sports activities,” said Cindy Andre-Noel, CYSS Outreach Services director. “We find this type of event is very useful in sharing information. A lot of families are not aware that it no longer costs any money to register for classes and that it is being covered by the Army Family Covenant. The actual activity may cost, but registration is now free.”

For those unable to attend, a directory of services will be published on the ACS website.

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VolunTEENs help out community

By DENISE CUENIN
American Red Cross

Since the founding of the Junior Red Cross in 1917, youth and the American Red Cross have been partners. Studies show that teens who volunteer learn to make service an essential part of a balanced life. Many schools have made community service a requirement for graduation. Colleges also value community service in choosing from applicants who are otherwise of similar status.

At Fort Jackson, the youth organization, now called American Red Cross VolunTEENs is thriving, and making real contributions to the community. At Fort Jackson, there is both a school-year and summer VolunTEEN program.

The school-year program, which runs from September to June, is for teens 13 and older; teens may participate until they finish high school. Monthly service projects are the center of the activities, but fun and new experiences are included as well.

During the summer months, VolunTEENs work at Moncrief Army Community Hospital. This past fall, the group of about 20 teens helped out Harvest Hope Food Bank, the Fire House festival and the annual holiday tree lighting ceremony. In February, the teens delivered Valentine cards to the patients at the Dorn VA Medical Center.

This month, the VolunTEENs will be at the Teen Job Fair 10 a.m. to noon, March 19 at the Solomon Center to provide more information for other interested teens.

The summer VolunTEEN program is

for volunteers who are 14 to 19 years old. Interested youth can sign up at the Job Fair or contact the Fort Jackson Red Cross Office.

Orientation for the summer program is scheduled for the beginning of June, and teens are expected to commit to work Monday through Friday for about six weeks.

Veronica LeGrand, 18, school-year VolunTEEN president, said participating in the program helps her feel like a part of the Fort Jackson community. Her favorite programs are the "Valentines for Vets" and the "Scrubby Bear" program where the teens visit the child care centers and the schools to teach the kids basic hygiene.

This year's Scrubby Bear event is being planned for April.

Veronica Jackson-Patrick, Army Family Team Building manager, said that her

son, Cory, 16, matured as he participated in the planning meetings and service projects.

"It is a great way to serve others, but (it is) also a learning experience because we had never done many of the things before," Cory said.

He said that his mother required that he and his older brother to do community service, and he followed in his brother's footsteps by joining the VolunTEENs. After three years with the organization, Cory says that volunteering is more than just fulfilling his mother's requirement.

"I don't just get credit for community involvement; it is also a way to have fun with my peers," he said.

Interested youth can call the Fort Jackson Red Cross Office at 751-4329 or drop by the office located at 2179 Sumter Ave.

Employment opportunity



Photo by CRYSTAL LEWIS BROWN

More than 600 members of the Fort Jackson community attended Tuesday's job fair at the Solomon Center, which was sponsored by the Army Career and Alumni Program and Army Community Services. Approximately 60 agencies were represented at the job fair. For more information about ACAP, which assists Soldiers transitioning out of the military, call 751-6062/6794.

News and Notes

SSI NAMES TOP SOLDIERS

Staff Sgt. Matthew Wilkerson was named the Soldier Support Institute's Noncommissioned Officer of the Year.

Wilkerson is an instructor with Company A, 369th Adjutant General Battalion.

Spc. Deangelis Allen was named the SSI's Soldier of the Year. Allen is a human resource specialist with Company A, 369th Adjutant General Battalion.

Both will represent the SSI in the Combined Arms Support Command NCO and Soldier of the Year competitions in April.



WILKERSON



ALLEN

RIBBON CUTTING SCHEDULED

A ribbon cutting for the 1st Battalion, 13th Infantry Regiment barracks complex and the dual dining facility is scheduled 11 a.m., March 11 at 11000 Dixie Road.

facebook



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Follow the Leader on Twitter at www.twitter.com/fortjacksonpao.



Photo by SUSANNE KAPPLER

Isran Beden, right, and Isran Al Rubaye fire a laser-equipped M16 at the Engagement Skills Trainer 2000 marksmanship facility. The women, who visited Fort Jackson Monday, are members of the first graduating class for female Iraqi police officers in 2009.

Iraqi women observe on-post training

Continued from Page 1

Life and Resiliency Center.

"I am so impressed with everything (here)," said Media Jassim, who is a lieutenant with the Iraqi police, through an interpreter.

Jassim said visiting Fort Jackson was especially interesting because part of her job is training police officers.

"My hope is to observe all the kinds of training here and the training process, and try to capture what we don't have and compare it with our system," she said.

The visit was facilitated by Col. Lillian Dixon, former Fort Jackson garrison commander, who is now deployed to Iraq as the chief of staff for U.S. Forces-Iraq, Iraqi Training and Advisory Mission, Ministry of Defense.

Dixon said that even though she has no direct job-related ties to the women, she feels connected to them.

"My connection is that I'm a woman. And I'm a woman who's struggled, just like they've struggled to get to where they are today," she said.

The visit came about as part of an effort to work with

Iraqi women, Dixon explained.

"When I first arrived in Iraq, Lt. Gen. (Michael) Barbero said, 'I want you to think outside of the box,'" Dixon said in reference to the former deputy commander for advising and training for U.S. Forces-Iraq. "So I thought of a way that I could help Iraqi women better themselves and, hopefully, help them address some of the human-rights issues and some of the other issues (they encounter) and let them have a chance and come see what America is like, what a democracy is like and how women fit into that democracy."

Currey said the visit was a success for both Fort Jackson and its visitors.

"(The Iraqi police officers) were motivated to learn and absorb as much as they could about what we do here at Fort Jackson and in our Army," Currey said. "Our leaders on post were (eager) to share with them, and (our visitors) were impressed by the significant role that women play in our Army."

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WOMEN'S HISTORY MONTH LUNCHEON



TEMPLETON

The Fort Jackson community celebrated Women's History Month with a luncheon at the Solomon Center Monday.

The guest speaker for the event was Catherine Templeton, director of the South Carolina Department of Labor, Licensing and Regulation.

The luncheon was hosted by Moncrief

Army Community Hospital.

TRADOC taps Longo as new DCG-IMT

By KELLY SCHLOESSER
TRADOC

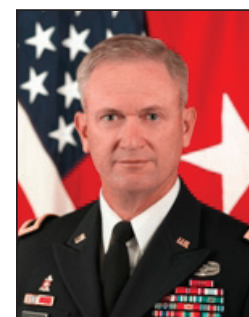
FORT MONROE, Va. — Gen. George W. Casey, chief of staff of the Army, announced Wednesday that Maj. Gen. Richard C. Longo is TRADOC's new deputy commanding general for Initial Military Training.

Longo succeeds Lt. Gen. Mark P. Hertling, who took command of Initial Military Training in September 2009. Hertling has been confirmed by the Senate as the next commanding general of U.S. Army Europe.

Since July 2010, Longo has served as the deputy chief of staff for Operations and Training at TRADOC. The deputy

commanding general, IMT, provides senior-level oversight to standardize, reinvigorate and evolve training for initial entry Soldiers and recently commissioned junior officers.

Brig. Gen. Peter D. Utley, who is currently the director of training, Office of the Deputy Chief of Staff at Army G-3/5/7, has been named to replace Longo.



LONGO

Housing Happenings

- ❑ The RCI Housing Office has relocated to 2441 Essayons Way.
- ❑ Zoey Miller won a \$15 gift card as the February coloring contest winner. Complete a coloring sheet to be entered in the monthly drawing. All submissions are displayed in the Community Center.
- ❑ Staff Sgt. Robert Brickner and family won \$100 as the comment card winners for February. Submit a comment card for a chance to win.
- ❑ Energy-saving tip: Put in a maintenance service request for all leaks, no matter how small. Every bit helps. For more “Live Army Green” energy saving ideas, visit www.balfourbeattycommunities.com/livearmygreen.
- ❑ Walking Club is scheduled to being this month, and interested residents are being sought for opinions on times and dates. Call Alana at 738-8275 to provide feedback.
- ❑ Balfour Beatty is now on Facebook. Search “Fort Jackson family housing” and click “like” to stay up to date on housing happenings.
- ❑ Refer someone to live on post and receive \$250. For more information, call 738-8275.

CONSTRUCTION UPDATE

- ❑ To date, 282 homes have been completed.
- ❑ There are a total of 681 homes demolished to date.
- ❑ A portion of Parker Lane is currently closed. Accessibility will be maintained via Chesnut Road to allow access to various buildings, including the Child Development homes. Road closures in the Howie Village area are also ongoing. Families needing access to that area should enter and exit from Knight Avenue via Gilmer Street.



March 11 — 4 p.m. Kung Fu Panda	PG
March 11 — 7 p.m. No Strings Attached	R
March 12 — 5 p.m. Sanctum	R
March 13 — 5 p.m. No Strings Attached	R
March 16 — 2 p.m. No Strings Attached	R
March 16 — 6 p.m. No Strings Attached	R
March 18 — 4 p.m. Delgo	PG

Adults: \$4.50
Children (12 and younger): \$2.25

Visit www.aafes.com for listings.



U.S. Army photo

Spc. Crisma Albarran detaches an ammunition case from its mount after a UH-60 Black Hawk helicopter flight over Iraq last year. Albarran served as a door gunner during her second Iraq deployment.

Report: Lift women’s combat ban

By ALEXANDRA HEMMERLY-BROWN
American Forces Press Service

WASHINGTON — A report released to the president and Congress Monday recommends 20 changes in the way the military facilitates diversity, and suggests gender barriers be lifted on all career fields.

The Military Leadership Diversity Commission, established under the 2009 National Defense Authorization Act, is a group of 31 active-duty and retired officers, enlisted personnel and senior executives from major corporations. Research the commission conducted included finding a new universal definition of diversity and how to increase language, regional and diverse cultural knowledge in military leaders.

The commission is also recommending that the Department of Defense eliminate its combat-exclusion policies, which currently bar women from combat-arms specialties and from assignment in units battalion-size or smaller that have a routine mission to engage in direct combat.

According to the report, the commission would like the military to immediately allow women to be assigned to any unit that requires their military occupation, regardless of the type of unit. It would also like the DoD to take steps to open up career fields traditionally not available to women, including combat arms.

Several of the changes recommended will need a congressional vote, while others could be implemented at the level of the secretary of Defense.

Sgt. Amanda Solitario, an Army Reserve Soldier with the 304th Public Affairs Detachment at Joint Base Lewis-McCord, Wash., said she doesn’t agree with the idea of women serving on the front lines.

“I don’t really feel that women should be serving in combat-arms positions,” she said. “I don’t know how the average American feels about this, but I think that even if the woman is qualified for the position, I think it would be detrimental to put her in an all-male unit.”

Solitario, who served in Iraq in 2007, explained that while there on one occasion she was the only female Soldier traveling with an all-male infantry unit. Solitario convoyed with the unit, and spent the night in an empty building with them en route to their destination.

She explained that even though the unit was stand-offish toward her at first, they warmed up to her after one day. However, sleeping in a room full of men with no privacy to change her clothes or use the bathroom was uncomfortable for Solitario.

Solitario’s main concern of having women in combat-arms units, is that she thinks women would simply slow the men down. She said she thought that women would hold them back in training, and in a combat situation, men might be more worried about protecting the female Soldiers than their mission.

“There are separate standards, so how can you ask to put a female in an all-male unit?” Solitario said, pointing out the differences in scoring for the Army Physical Fitness Test as an example.

Solitario also said she was worried that more female Soldiers being killed in combat could have a detrimental effect on the country.

“If you put women in combat-arms positions, there are simply going to be a lot more female fatalities,” she said.

Conversely, Staff Sgt. Genevieve Chase, a military intelligence Soldier and founder of American Women Veterans, has a very different point of view.

“We serve in normal society as equals now,” Chase said, explaining that she thinks women should be allowed to join combat-arms units — if they can keep up.

Chase said she doesn’t think standards should be altered to cater to women, noting that she knows some female Soldiers who are just as physically fit as their male counterparts, so they should have an equal shot at any career path they choose.

“The infantry is not for every female Soldier, just like it’s not for every male,” Chase explained. “There are a lot of men in the Army, and not all of them want to be infantry.”

Recurring meetings

WEEKLY

Fort Jackson Boy Scouts
Tuesdays, 6:30 to 8 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869.

Walking away stress
Mondays and Fridays, 9 a.m., at the pecan orchard near the post office on Early Street, 751-6325.

Play group
Mondays, 10 to 11:45 a.m., Room 8, 5615 Hood St., for children 4 and younger, 751-1071/6304.

Range control briefing
Mondays and Fridays, 1 p.m., Education Center, Room 302, 751-7171.

Columbia Composite Squadron (Civil Air Patrol)
Mondays, 6:30 p.m., Owens Field, main conference room. E-mail Tom.Alsup@gmail.com or visit www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength
Tuesdays, 5 to 6 p.m., Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members.

Protestant Women of the Chapel
Thursdays, 9:30 a.m. to 12:30 p.m., Main Post Chapel, Bible study and fellowship. Home schoolers are welcome. Free child care is available. E-mail pwocjackson@yahoo.com.

Military Widows/Widowers Association
Sundays, 2 p.m., Moncrief Army Community Hospital, eighth floor, 787-2469.

MONTHLY

Fort Jackson Cub Scouts
First Sunday of the month, 5:30 to 7 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869

Fort Jackson Bass Club
First Monday of the month, 7 p.m., Joe E. Mann Center. Open to active duty, retirees, DoD civilians, reservists, veterans and family members. Visit www.jacksonanglers.com.

Disabled American Veterans Woodrow Wilson Unit 4
Second Monday of the month, 6:30 p.m., 511 Violet St., West Columbia, 788-1836 or 791-4422.

Weight Loss Surgery Support Group
— Second and fourth Monday of the month, noon,

Weight Management Center, 180 Laurel St.
— Second Monday of the month, 6:30 p.m., Palmetto Health Baptist Breast Health Center, 1501 Sumter St., ground level, Meeting Room 2.

Seabees
Second Monday of the month, 7 p.m., West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.

Veterans of Foreign Wars Post 641
Second Monday of the month, 7:30 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

La Leche League breastfeeding support group
First Tuesday of the month, 10 a.m. to noon, Room 8, 5615 Hood St., 751-5256/6325.

Sergeant Audie Murphy Club
First Tuesday of the month, 11:30 a.m., Post Conference Room, www.jackson.army.mil/360/SAMC/home.htm.

American Legion Post 182
First Tuesday of the month, 6 p.m., Officers' Club, 351-2333.

American Red Cross
New adult volunteers orientation, second Tuesday of the month, 9 a.m. to noon, 571-4329.

Adjutant General Corps Regimental Association
Second Tuesday of the month, 11:30 a.m. to 1 p.m., NCO Club.

National Federation of Federal Employees
Second Tuesday of the month, 11:30 a.m., 4405 Forney St., first floor, 751-2622 or NFFE@conus.army.mil.

Disabled American Veterans
Second Tuesday of the month, 6 p.m., 511 Violet St., West Columbia, 796-7122.

Fleet Reserve Association Unit 202
Third Tuesday of the month, 1 p.m., 2620 Lee Road, 482-4456.

Veterans of Foreign Wars Gandy-Griffin Post 4262
Third Tuesday of the month, 7 p.m., 5821 North Main St., 754-1614 or 447-2320.

Vietnam Veterans of America Chapter 303
Third Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 312-4895.

Purple Heart #402
Fourth Tuesday of the month, 7 p.m., American Legion

Post 6, 200 Pickens St., 351-2333.

Better Opportunities for Single Soldiers
First and third Wednesday of the month, 1:30 p.m., 4405 Jackson Blvd., 751-1148.

Victory Riders Motorcycle Club
First and third Thursday of the month, 5 p.m., Magruder's Club. E-mail sec@ffvictoryriders.com.

The Rocks Inc., James Webster Smith Chapter
Third Thursday of the month, 5:30 p.m., Post Conference Room, 751-1898.

Society of American Military Engineers
Fourth Thursday of the month, 11:30 a.m., 254-0518 or 765-0320.

MEDPROS training
Third Friday of the month, 1-4 p.m., Moncrief Army Community Hospital, Room 9-83. E-mail Erica.Aikens@amedd.army.mil.

Retired Enlisted Association
Third Friday of the month, 5:30 p.m., Moncrief Army Community Hospital, third floor, 740-2319 or e-mail jrodgers11@sc.rr.com.

92nd Buffalo Chapter 20 DAV
Third Saturday of the month, except July and August, 11 a.m., DAV Headquarters 511 Violet St., West Columbia, 260-1067.

Ladies Auxiliary Post 641 VFW
Second Sunday of the month, 3 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

The Ladies Auxiliary Post 4262 VFW
Second Sunday of the month, 5 p.m., 5821 North Main St., 754-1614.

Combat Vets Motorcycle Association
Third Sunday of the month at noon, (774) 451-7504, e-mail armyaguiar@yahoo.com or visit www.combatvet.org.

Sergeants Major Association
Last working Thursday of the month, 4 p.m., Magruder's Pub, 338-1904. Open to active-duty and retired E-9s and E-8s. E-mail William.huffin@us.army.mil.

SUBMISSIONS

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to fjleader@conus.army.mil.

Calendar

Saturday
West Point Society Founder's Day celebration brunch
9:30 a.m., Officers' Club
To register, visit <https://secure.west-point.org/wps-columbia-sc/foundersday>. For more information, e-mail sarah.s.noyes@conus.army.mil.

Monday
Sergeants Major Association spring golf tournament
9 a.m., registration; 10 a.m. tee off
For more information, e-mail Christopher.W.Chapman@us.army.mil or call 569-9493.

Tuesday
ACS Resiliency EFMP Awareness Fair
10 a.m. to 2 p.m., Solomon Center
More than 50 on- and off-post agencies will provide information about their services. For more information, call 751-5256.

Fatherhood forum
7 to 8:30 p.m., Family Readiness Center
For more information, call 751-6325 or e-mail Charles.Gregory.Lewis@us.army.mil.

Tuesday, March 29
Resiliency training for family members
9 a.m. to 2 p.m., Family Readiness Center
To register for free child care, call 751-1970. For more information and to register for the training, call 751-5444 or e-mail Marilynn.Bailey@us.army.mil.

American Red Cross volunteer recognition
11:30 a.m. to 1 p.m., NCO Club
Lunch is free for active volunteers who register in advance. Tickets are available for guests. To RSVP, call 751-4329.

Thursday, March 31
Financial counselor seminar
11 a.m. to noon, Strom Thurmond Building, Room 222
This seminar informs military spouses on a free fellowship program to become accredited financial counselors. For more information and to register, call 751-4862. The deadline to apply for the program is April 15.

Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Ongoing
Pals for Paws drive
Donate towels, newspapers, blankets and pet food for the Pals for Paws drive to benefit local animal shelters.

Thursday, March 17
St. Patrick's Day shamrock planting
3 p.m.
Celebrate St. Patrick's Day by planting shamrocks. Balfour Beatty will provide the materials while supply lasts.

Friday, March 18
Pierce Terrace 7 neighborhood huddle
Noon, in the cul-de-sac of Moses and Carter
Lunch will be provided. Attendees should bring chairs. Residents of Pierce Terrace 7 are encouraged to attend.

American Red Cross blood drive
9 a.m. to 2 p.m.
Contact Alana to schedule a donation time. Every donor will receive giveaways.

Tuesday, March 22
1-2-3 Magic Parenting Workshop
10 a.m. to 3 p.m.
This workshop, hosted by the ACS New Parent Support Group, provides parents with practical information on child discipline. Call 751-1071.

Announcements

ASP CLOSURE
The Ammunition Supply Point will be closed for its quarterly inventory March 21 through 25. All unit issues must be picked up by 11 a.m., March 17. For more information, call 751-4017/6586.

CYSS SEEKING VOLUNTEERS
Child, Youth and School Services is seeking volunteers to help with Month of the Military Child events April 23 (spring jamboree and Easter egg hunt) and April 30 (children's fair). Volunteers are needed from 8 a.m. to 4 p.m. to assist with setup, breakdown and various activity booths. For more information, call 751-4869 or e-mail Angela.J.Austin@us.army.mil.

STRESS REDUCTION COURSE
Army Substance Abuse Program will offer a six-week stress and anxiety reduction course starting March 23. The group will meet 3 to 4:30 p.m. at the 7th floor group room at Moncrief Army Community Hospital. For more information and to register, call 751-6597.

RECRUIT THE RECRUITER
The Recruit the Recruiter team will offer briefings to Soldiers in the rank of E5 through E7 about the benefits, challenges and qualifications for becoming a recruiter. The presentations are scheduled for 2 to 4 p.m., Monday through Wednesday, and 10 a.m. to noon, Tuesday and Wednesday. All presentations will be at the Education Center, Room B-200.

MACH NUTRITION CLINIC
The following classes are scheduled for March:

— Cholesterol and high blood pressure class, 2 to 3 p.m., today and March 24
— Army Move!, 2 to 3 p.m., Monday (Session 1); and 2 to 3 p.m., March 16 (Session 2)
— Victory weight loss class, 2 to 3 p.m., March 17
All classes take place at Moncrief Army Community Hospital, Room 8-85. For more information and to register, call 751-2115/2363/2273.

KARATE CLASSES
SKIESUnlimited now offers the following Karate classes:
— Beginner Karate, 6 to 7 p.m., Tuesdays and Thursdays, for ages 5-18
— Intermediate Karate, 7 to 8 p.m., Tuesdays and Thursdays, for ages 5 -18
— Li'l Kickers Karate, 5:15 to 6 p.m., Fridays, for ages 3-5
All classes take place at 5899 Chesnut Road. For more information, call 751-6777.

BEHAVIORAL HEALTH HOURS
In and outprocessing hours for Moncrief Army Community Hospital Behavioral Health are 1:30 to 3:30 p.m., Monday through Friday.

FLTCIP OPEN SEASON
Open season for the Federal Long Term Care Insurance Program will run April 4 through June 24. For more information on the program, visit www.ltcfed.com or call 1-800-582-3337,

TAX CENTER HOURS
The Fort Jackson Tax Center operating hours on Mondays and Wednesdays are 9 a.m. to 9 p.m. The operating hours for Tuesday, Thursday and Friday are 9 a.m. to 4 p.m. The Tax Center is located at 4330 Magruder Ave. Call 751-JTAX (751-5829) for information.

THRIFT SHOP OFFERS PROM HELP
The Thrift Shop has started "The Golden Carriage Project," which is aimed at girls attending a junior or senior prom.

The Thrift Shop offers prom dresses to students with military and school ID cards. The Thrift Shop also accepts gown donations for the program.

MILITARY ONESOURCE TAX FILING
Military OneSource provides free tax consultation and online tax filing services to active duty, Reserve and National Guard service members and their families. Participants must register at www.militaryonesource.com.

PALMETTO TRAIL CLOSURE
The Palmetto Trail is closed for timber harvesting between Heise's Pond and Division Road. The trail is expected to be closed until March 31.

PHONE BOOK RECYCLING
The Fort Jackson Recycling Center, 5671 Lee Road, will accept telephone books for recycling through March 31.

MG JAMES URSANO SCHOLARSHIP
The MG James Ursano Scholarship program is now accepting applications. It provides children of active-duty, retired or deceased Soldiers with financial assistance to pursue a four-year college degree. Students must apply each year. For more information, visit www.aerhq.org or call 751-5256.

SCHOLARSHIPS FOR SPOUSES
The AER Stateside Spouse Education Assistance Program is accepting applications through April 1. The scholarships are available to Army spouses and are awarded based on financial need. For more information, visit www.aerhq.org or call 751-5256.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events. Community announcements may be edited to comply with Leader style and Public Affairs regulations.
Send all submissions to FJLeader@conus.army.mil.

Training honors



Sgt. Leon Carr
Drill Sergeant of the Cycle
Company B
Task Force Marshall



Sgt. 1st Class Sandra Williams
Drill Sergeant of the Cycle
Company C
Task Force Marshall



Warrant Officer Kari Wagner
Distinguished honor graduate
Warrant Officer Basic Course

Don't let car dealer take you for a ride

By **CAPT. JOHN BATEMAN**
Legal Assistance Office

With tax season refund time upon us, many people may be thinking of how to spend their refund check. Depending on the size of that check, it might make a good down payment on that used car you have had your eye on all winter. However, there are a few things people should know before buying a used car. It is important to be patient, and remember that your dream car will still be there after you make sure you are making a fully informed purchase.

When buying a used car from a dealer, the buyer will enter into a written contract, which is a signed document that spells out the rights of both the buyer and the dealer. Any oral statements or promises by the salesperson to persuade or lure a buyer into buying a particular car are meaningless. People can't hold the dealer accountable for these promises unless they are written into the contract.

Remember the sticker price on the vehicle is typically not the actual value. The dealer will price the car higher than the actual value to see if someone will overpay for the vehicle. It makes sense. Always negotiate on the price. Check the car's true value, which can usually found in a public library or on the Internet. Some consumer groups publish information on best prices for cars.

Make sure any blank spaces on the agreement are filled in so that the dealer cannot alter the agreement after it has been signed. If the buyer is not experienced or does not understand the contract, having someone who does is helpful.

Better yet, take the proposal or contract to a legal assistance attorney who can review it. If the dealer says,

"Sorry, we don't let our unsigned contracts off the lot," shop elsewhere.

WARRANTIES

Beware of a used car trap: a purchase agreement probably carries no warranty. A warranty means the car will perform according to specific representations or promises made by the dealer or manufacturer, or that the car will at least run. Used cars, however, are often sold "as is" meaning if it falls apart after driving three miles, the owner is stuck. Try to negotiate a short-term warranty covering 100 percent or at least 50 percent of parts and labor.

The Federal Trade Commission has a used-car rule to protect buyers: It requires all used-car dealers to have a notice in the window of each used car for sale, so

make sure it is there. The notice must give the following information: Whether the car comes with a warranty and, if so, what specific warranty protection the dealer will provide; whether the vehicle comes with no warranty ("as is") or with implied warranties only; that the buyer should have the car inspected by a mechanic before purchasing; that any promises the dealer makes should be in writing; and examples of what major problems may happen in a used car.

HOW SHOULD YOU PAY?

Purchasing a car is a major investment, and most of us need to borrow money to get the car of our choice. When

borrowing, use the car as security for repayment of the money. If the loan is not repaid, the lender can repossess the car, sell it, deduct the sale price from the debt and sue the borrower for the remainder and the costs of the repossession and sale.

Financing can go through the dealer or through a financial institution. Buyers should shop for the best auto loan rates, which can be as easy as checking the newspaper. Don't be lulled into accepting whatever lender the dealer finds. Do not allow the dealer to exaggerate creditworthiness to a prospective lender to secure the lender's approval of the loan. If this happens, the borrower could be contributing to committing a fraud, which is a criminal offense, aside from labeled as a spendthrift for buying an unaffordable car.

Do not give the dealer cash or a check for a down payment until financing has been approved. Also, do not take the car off the lot or leave the old car on the lot until financing has been secured. If the dealer arranges financing, get the name of the lender. Add the cost for insurance on the car in deciding whether it is affordable.

If you have any questions about buying a used car, contact the Legal Assistance Office at Fort Jackson.

Fort Jackson Legal Office

The Fort Jackson Legal Office provides legal services — including powers of attorney, living wills and health care powers of attorney — to eligible people.

For more information, or to schedule an appointment to speak with an attorney, call 751-4287. Office hours are Monday through Friday, 9 a.m. to 4 p.m. The office is closed on federal and training holidays.

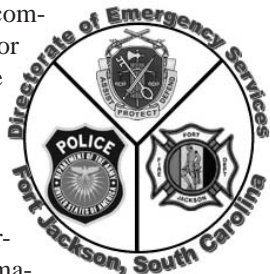
The office is located at 9475 Kershaw Road on the corner of Kemper Street and Kershaw Road.

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshall Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Col. Ronald F. Taylor
Director,
Emergency Services/Provost Marshal
Sgt. Maj. Glen W. Wellman III



Provost Sergeant Major
Bill Forrester
Fire Chief

CASES OF THE WEEK

❑ A portion of Golden Arrow Road was cordoned after a construction worker discovered a possible UXO, Military Police said. The Explosive Ordnance Detachment determined that the object was a live training mine and detonated it safely, MPs said.

❑ A civilian was charged with failing to obey a traffic control device, driving with a revoked license, no registration in possession and improper vehicle tag after a traffic stop, MPs said.

❑ A civilian was denied access to post after attempting to enter the installation with a pistol in the center console of his vehicle, MPs said. All weapons must be registered on Fort Jackson prior to being brought on post.

REGISTRATION OFFICE RELOCATES

The Vehicle Registration and Physical Security offices have relocated to 4394 Strom Thurmond Blvd.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the March 24 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the March 24 Leader must be submitted by March 17.

Send all submissions to FJLeader@conus.army.mil.

For more information, call 751-7045.



Class aims to heal 'invisible' wounds

By **RICH GLICKSTEIN**
Special to the Leader

He stood at the funeral for his friend's mother with eight men from his old unit — men he hadn't seen since he returned from his last deployment.

The last time they stood shoulder-to-shoulder like this — showing respect for the dead — was in front of a line of boots with helmet-topped rifles bayoneted into the Iraqi sand.

Sgt. 1st Class Vincent Kendrick sat in the Transitioning War Skills Class at Moncrief Army Community Hospital retelling his recent experience.

The topic that day — emotions, loss and closeness — and his experience fit well for discussion.

From the altar, Kendrick continued, his friend sang the same memorial for his mother that he had performed for Soldiers killed in action in Iraq.

The Albany, Ga., native found himself remembering friends who were killed in combat and he started to mourn for the first time.

"It's like I really realized that they're gone," he said he recalled thinking.

But he maintained his strict standard of military bearing in public while in uniform.

Kendrick is far from the only combat veteran who once believed seeking behavioral health help as a display of

weakness.

In a 2004 study completed by Walter Reed Army Medical Center, half of the combat veterans diagnosed with post-traumatic stress disorder, or PTSD, who participated in the study believed seeking behavioral health treatment would irreparably harm their Army careers. Worse, 65 percent of these active duty Soldiers viewed this perception of weakness as their primary barrier to care.

Kendrick's words drifted off in the classroom to a moment of reverent silence. The other Soldiers — who have all experienced similar loss — praised him for his courage in telling the story.

The idea to bring the class to Fort Jackson rests with social worker Dorene Boltz, a psychotherapist in the Joint Behavioral Health Services clinic at MACH.

"Hey, it's worked for OEF/OIF vets at the Boston VA," Boltz said regarding the

class origin. "Why wouldn't it work for vets here who are still in the Army?"

For three runs of the classes, it has.

"I think the best way of summing it up is when Soldiers ask me, 'Why didn't somebody tell me this before?'" Boltz said. "It's given them a whole new way of looking at things and a whole new vocabulary."

The Soldiers in this class see the classroom as a safe place for discussion. They learn about why they react to everyday life and disturbing memories with such power.

Staff Sgt. Patrick Riley listened to Kendrick in the class and reflected later on his own battle with combat memories

and how his experiences have affected his life.

He admits that his answer just more than a year ago to all adversity was anger. Without the transition class and one-on-one therapy allowing him to explore the reasons behind the anger, he would have eventually turned uncontrollably violent.

"When I first came here I couldn't sit in (the class)," Riley said. His frustration with foolishness would send him into a rage.

Now, he is a positive participant in the class, and his experiences in therapy help his fellow Soldiers.

"There's a certain brotherhood inside the brotherhood," Riley said, referring to those Soldiers who do not stigmatize their battle buddies for seeking behavioral health treatment.

But this class is not a group, Boltz said.

"Everything is a group activity" in the Army, she said suggesting that the individual's voice is sometimes lost while doing his or her job in the Army.

The individual is given priority when class members bring personal experiences up for discussion.

The class is "primarily a teaching format with group, or class, discussion," Boltz said.

It addresses normal behaviors to abnormal situations that need to be toned down through seven one-hour classes.

"There's no psychobabble. We use terms and skills that Soldiers understand and are familiar with."

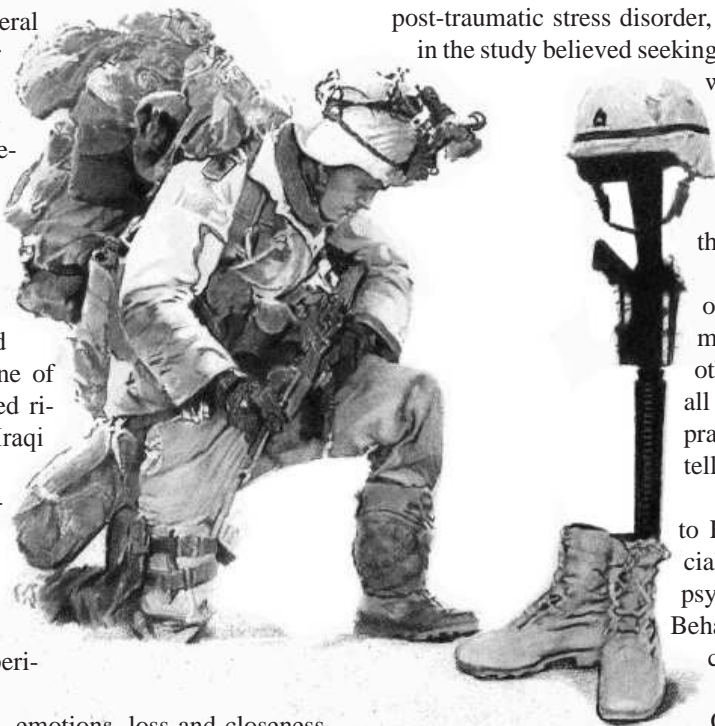
For example, Boltz asks when the last time a combat experienced Soldier did a threat assessment for the Columbia area.

The class helps Soldiers understand how to tone their reactions down to everyday life.

"I had a problem turning off the war," Kendrick remembered of his reactions before taking the class.

"We ain't all robots," he said. "We're humans, too."

Editor's note: Moncrief Army Community Hospital holds the hourlong transition classes for any Soldier deployed in support of OEF/OIF at 10 a.m., Tuesdays. Call 751-2513 to enroll in the class.



First MACH community medical home to open

From Moncrief Army Community Hospital

Active duty TRICARE Prime family members who live in the 29223 and 29229 zip codes may now begin applying for enrollment to the Moncrief Army Community Hospital's new Community-Based Medical Home.

The home, which is set to open in April, will be located in Northeast Columbia.

The CBMH model is a patient-centered primary health care model that uses a team based, comprehensive approach to meet the complete primary care and wellness needs of our active duty and their family members.

Eligible active duty family members in specified zip codes may apply for a primary care manager change request to a provider assigned to the MACH Medical Home. Beneficiary letters are being mailed to eligible family members who can complete the enrollment form and fax it to the Fort Jackson TRICARE Service Center or drop the

enrollment form at the TRICARE Service Center in Building 4500 Stuart Street from 8 a.m. to 4:30 p.m., Monday through Friday.

Forms can also be picked up from the TRICARE service center on the 10th floor. After paperwork is submitted, patients should continue to be seen within their currently assigned clinic. The Moncrief Medical Home staff will contact enrollees individually to schedule an initial appointment to meet the care team.

The Moncrief Medical Home staff consists of civilian government employees, many of whom are already part of the MACH team. Other team members were hired specifically to offer primary care services in the community where beneficiaries live.

The MMH will provide patients with limited pharmacy and lab services within the clinic.

The clinic is located at 1021 Pinnacle Pointe Drive, Suite 200, Columbia, S.C. 29223.



Blanchfield Army Community Hospital photo

Lt. Gen. Eric B. Schoomaker, Surgeon General and commanding general of U.S. Army Medical Command speaks at the Fort Campbell, Ky.-based Screaming Eagle Medical Home in November. The home was the first of 17 planned Army community-based medical homes to open.

Safety a promise for MACH patients

By **KATHLEEN M. CAMPBELL**
Moncrief Army Community Hospital

Moncrief Army Community Hospital has joined other leading health care organizations across the country and around the world in celebration of Patient Safety Awareness Week through Saturday.

National Patient Safety Awareness Week is a national education and awareness-building campaign for improving patient safety at the local level.

The National Patient Safety Foundation started this campaign in March 2002. The NPSF is a nonprofit organization dedicated to improving patient safety and reducing medical errors. This is done through education, research, and by raising awareness with hospitals, health care systems, hospital staffs and the patients and families they serve.

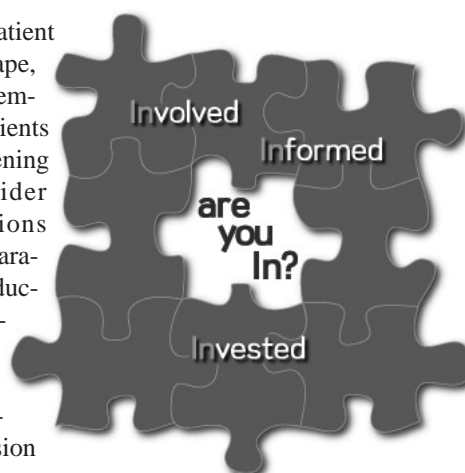
The goal of Patient Safety Awareness Week is to raise awareness of patient safety activities and educate staff and patients to develop lasting partnerships among providers, patients and communities.

This year's theme: "Are You In? Commit to Safe Health Care" focuses on involving all participants in the health care process, from patient to provider. It highlights the need for all health care constituents — from patient to provider — to be involved, informed, and invested in making health care safe.

In the patient safety landscape, a focus on empowering patients and strengthening patient-provider communications is seen as paramount to reducing error within the health care system and reducing readmission rates. Equally important is the need to understand the impact of cultural diversity in health care settings, where cultural health beliefs, education and other factors can impact how patients understand their health and health care.

There are many programs, policies, and processes that Moncrief Army Community Hospital has in place to ensure patient safety. MACH has an active Patient Safety Program that is committed to ensuring that all aspects of care provided meet the highest standards at all times.

MACH is also extremely fortunate to have a dedicated



military and civilian workforce for whom delivering safe, quality care is the focus of all their activities. MACH's mission statement sets the climate for that philosophy: "To fully support Fort Jackson, Shaw Air Force Base, and the training of Warriors through maximization of access to safe, quality health care, and to maintain contingency preparedness."

The central question staff asks is "what is in the best interest of the Soldier/family member?" Patient safety is an integral part of patient-centered care and is the model of care at MACH. That means that the patient is at the center of everything we do and every decision we make. This succeeds best when, as the theme for this year describes, everyone is involved, informed, and invested in the process.

MACH's promise to patients is: "We promise to give you our very best — we will always:

- ☐ Wash our hands before taking care of you.
- ☐ Check your identification before providing any medication, obtaining laboratory specimens or doing a procedure.
- ☐ Explain thoroughly any care, treatments, and medications you may receive.
- ☐ Stop any procedure if you tell us something is wrong or does not look right.
- ☐ Listen to your thoughts, questions, and concerns.
- ☐ Actively ask for your feedback on any concerns you may have about your safety.

Class helps smokers kick the habit

By **DR. CHERYL FOSTER**
Moncrief Army Community Hospital

Moncrief Army Community Hospital offers a tobacco cessation program for active duty Soldiers, adult family members and retirees who want to quit tobacco use.

The MACH Tobacco Cessation Program is a five-week program that includes three 60- to 90-minute group sessions and an optional medication component. Tobacco cessation medications are available for up to 12 weeks. Many people who actively participate in the MACH TCP become tobacco-free within two weeks of attending the first group session.

MACH TCP group sessions use the QuitSmart Stop Smoking Program (www.quitSMART.com). QuitSmart, with more than 25 years of research and practice, is two-to-four times more effective than other tobacco cessation methods.

Participants in the MACH TCP receive a QuitSmart kit that includes a QuitSmart guidebook, substitute cigarette, and relaxation/hypnosis CD. Education is provided on tobacco cessation medications, coping techniques, weight management and nicotine withdrawal. Nicotine tapering begins at the first group session.

The MACH TCP is currently managed by the Department of Behavioral Health.

Of the people who have completed the program, 79 percent were tobacco-free within two weeks of attending the first group, and 88 percent were tobacco-free at the completion of the program. More than 66 percent of MACH TCP completers re-

mained tobacco-free at a three-month follow-up.

Participants who are interested in receiving tobacco cessation medications will have a face-to-face appointment to determine if medications are appropriate. Medications that are available through the MACH TCP include Zyban (bupropion-sr), Chantix (varenicline), and nicotine replacement therapy (nicotine patches, nicotine gum). Each program participant will also have a follow-up medication appointment.

U.S. Surgeon General Regina Benjamin, recently released her first Surgeon General's report titled, "How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease."

According to the report, exposure to tobacco smoke (either directly as a tobacco user or indirectly through secondhand smoke) causes immediate damage to the human body that can lead to illness or death. One in three cancer deaths in the United States is tobacco-related.

Tobacco smoke contains a mixture of more than 7,000 chemicals and various compounds. Many of these compounds are toxic; more than 70 of them are known to cause cancer. Some of the chemicals in tobacco products include tar, formaldehyde, cadmium, hydrogen cyanide, and nicotine. Nicotine is one of the most addictive substances found in tobacco products.

According to Benjamin, "The chemicals in tobacco smoke reach your lungs quickly every time you inhale causing damage immediately."

Chemicals in tobacco smoke have been

associated with:

- ☐ chronic obstructive pulmonary disease including emphysema and chronic bronchitis
- ☐ damage to blood vessels and increased risk of blood clots
- ☐ increasing risk for heart attack, stroke, and aortic aneurysm
- ☐ difficulty with regulating blood sugar levels for diabetics
- ☐ infertility in men and women
- ☐ weakening the immune system

Tobacco use is one of the most preventable causes of premature death. An estimated 438,000 Americans die each year from tobacco-related diseases. It is never too late to quit.

Why quit now? Individuals who have enrolled in the MACH TCP have given several reasons for wanting to quit tobacco: to enjoy better health, to save money, to set a better example for their children or grandchildren, greater endurance and the flexibility of the program.

The next MACH TCP starts in March. Speak with your primary care manager or behavioral health provider to get started. Call 751-2235 for more information.

"This program is one of the best things tobacco users could do for themselves and their loved ones," said Lt. Col. Robert Wenzel, deputy commander for Clinical Services.

Editor's note: Cheryl Foster, who holds a doctor of nursing practice, is MACH's QuitSmart leader and facilitator of the group sessions. She also manages tobacco cessation medications for participants.

MACH UPDATES

RADIOLOGY SERVICES

The Moncrief Army Community Hospital Department of Radiology provides a wide range of imaging services for Soldier, family member and retiree beneficiaries. The following services are available with an order from a physician:

- ☐ Radiology (751-4606/2366)
- ☐ Diagnostic Radiology/Fluoroscopy (X-RAY)
- ☐ Imaging (751-2484/2417)
- ☐ Computerized tomography (CAT SCAN)
- ☐ Ultrasonography
- ☐ Mammography
- ☐ Bone densitometry
- ☐ Nuclear Medicine (751-2248)

MACH can also provide imaging studies for off-post beneficiaries with orders from network TRICARE providers.

IN/OUT PROCESSING HOURS

The operating hours for in/out processing for Behavioral Health (including Social Work and Family Advocacy) has changed to 1:30 to 3:30 p.m., Monday through Friday. Soldiers should report to Room 7-69.

NUTRITION CLASSES

A Cholesterol and High Blood Pressure class is scheduled for 2 to 3 p.m., today. Army Move! is scheduled for 2 to 3 p.m., March 14 and 16. A Victory Weight Loss Class is scheduled for 2 to 3 p.m., Thursday. All classes are in Room 8-85. Visit www.us.army.mil to sign up for on-line nutrition classes.

It's a bird, it's a plane, it's Twitter?

Social media bug bites post supers

By **THERESA O'HAGAN**
Family and MWR

Capt. MWR has a Twitter account. Dot Com has her own Facebook page. You don't need a bat phone to reach this dynamic duo! Just become a follower or a fan.

"We are always looking for better ways to reach the community," said Capt. MWR. "We are willing to do just about anything to make sure folks know about all the activities and services available to them."

The dynamic duo is even willing to offer a few incentives to get the ball rolling.

"The first 10 people who become my fans I will give you \$10 in Family and MWR fun bucks and the first 10 people to follow Capt. MWR on Twitter will also get \$10 and Family and MWR fun bucks," said Dot Com. "It's easy to connect with us."

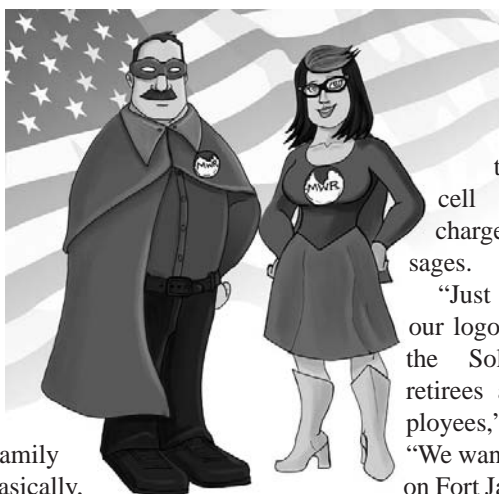
Visit the website, www.fortjacksonmwr.com and click on the Twitter

link for Capt. MWR and the Dot Com link for Dot Com's Facebook Page.

"Another new service we are excited about is our new short messaging service," said John Keegan, chief, Marketing Division, Family and MWR. "Basically, you sign up for special offers and discounts sent to your mobile phone via text message."

The service was set up through Valpak of Greater Columbia. Valpak does not store any of the subscribers' information nor does it provide that information to any third parties.

"It's very simple. You just text the word, 'Jackson,' and the number, '1347,' to Valpak, or 825725," said Jason Snyder, Valpak of Greater Columbia. "The first text you get will be a welcome text. To stop receiving texts, just type 'stop,' and within 24 hours,



all text messages will stop."

The service is free, except for whatever the individual's cell phone carrier charges for text messages.

"Just like it reads on our logo, we are here for the Soldiers, families, retirees and civilian employees," said Dot Com. "We want your experience on Fort Jackson to be positive, fun, and rewarding. We will continue to use every resource available to us to get the message to you."

"Whether it's using new technology like Twitter and text messaging or tried and true such as Leader ads and articles, our goal is to connect with you and have you connect with us," she added. "So, get online and tell us what you think. We can handle it; tell us the good, the bad, the ugly or the indifferent."

"We can't help if we don't know what you need, what you want, or what's troubling you."

MARCH CLASSES

The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those 11 years and older. For children 9 and 10, classes are \$5 per hour. Call 751-3053 for more information.

EDGE! CLASSES

❑ **Project Runway** — 3:30 to 5 p.m., Mondays, 5955 Parker Lane. For ages 8 to 15.

❑ **Bling it with the EDGE!** — 3:30 to 5 p.m., Tuesdays and Thursdays, 5955-D Parker Lane. For ages 10 to 18.

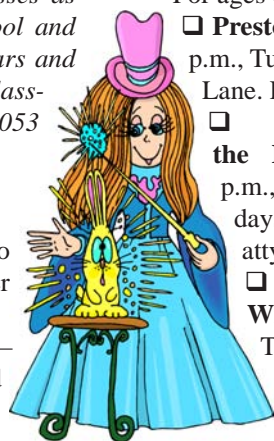
❑ **House of Cards** — 3:30 to 5 p.m., Fridays, 5955-D Parker Lane.

For ages 8 to 15.

❑ **Presto! It's Magic** — 4 to 5 p.m., Tuesdays, 5955-D Parker Lane. For ages 10 to 18.

❑ **On Target with the EDGE!** — 4 to 6 p.m., Wednesdays and Fridays, meet at Balfour Beatty. For ages 11 to 18.

❑ **Leprechaun in Late Winter** — 3:30 to 5 p.m., Thursday, Post Library. For ages 6 to 10.



SKIES Classes, including Bright SKIES, are for children 2 1/2 to 18 years old. For a

complete list of classes, visit <http://fortjacksonmwr/skies> or call 751-4865.

SKIES/BRIGHT SKIES CLASSES

❑ **Bright SKIES Academy** — 9 to 10:30 a.m., 5899 Chesnut Road, Mondays, Wednesdays and Fridays. For 3- to 4-year-olds. Cost is \$75 per month.

❑ **Pre-school Spanish** — 9 to 10 a.m., 5899 Chesnut Road, Tuesdays and Thursdays. For 3- to 5-year olds. Cost is \$60 per month.

❑ **Beginner Spanish** — 4:30 to 5:30 p.m., Mondays, 5899 Chesnut Road. For children 5 and older. Cost is \$40 per month.

FMWR calendar

THURSDAY

- ❑ Visit **Century Lanes** for food, fun and bowling.
- ❑ **Victory Bingo**, 2 to 11 p.m.
- ❑ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

FRIDAY

- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ❑ **Victory Bingo**, starts at 2 p.m.
- ❑ Friday night special at **Ivy Lanes**. Games and shoe rentals cost \$2 each, 5 to 10 p.m. Open to all permanent party service members.
- ❑ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while they last.
- ❑ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

SATURDAY

- ❑ **Victory Bingo**, starts at 1 p.m.
- ❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excaltibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Buy one wing, get one free at **Magruder's Club and Pub**.

SUNDAY

- ❑ **Victory Bingo**, starts at 10 a.m.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for "Get a pie for your reservation" brunch. For more information, call 782-8761.

WEDNESDAY

- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available while they last.
- ❑ Victory Readers Club, 6 to 8 p.m., **Post Library**
- ❑ **4-H Club** meets 4 to 5 p.m. For grades 1-5. Call 751-1136 for information.

ONGOING OFFERS

- ❑ The NCO Club breakfast is served 6 to 9 a.m., Monday through Friday. The cost is \$8 for adults and \$3.75 for children 4 to 10 years old.
- ❑ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ❑ Child, Youth and School Services provides child care and youth programming on Saturdays at no cost for active-duty parents who must work to meet mission requirements. Others requiring care may sign up, but will pay the usual hourly rate. For more information, call 751-4865.
- ❑ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the March 24 Leader must be submitted by today.

Announcement submissions are due one

week before publication. For example, an announcement for the March 24 Leader must be submitted by March 17.

Send all submissions to FJLeader@conus.army.mil or call 751-7045.



Trip a humbling one for chaplain

God, not self, provides Christians with sense of importance

By **CHAPLAIN**
(CAPT.) ERIK J. GRAMLING
1st Battalion, 61st Infantry Regiment

"For you created my inmost being; you knit me together in my mother's womb." (Psalms 139:13)

When I was stationed in Germany, I was excited to learn more about my heritage and quickly discovered not only were there Gramlings in Germany, there was a German "Stadt" (town) named Gramling. So once while traveling, I took a four-hour detour just to visit my "hometown."

As I drove I could only imagine what I would find. When I saw the first sign stating that "Gramling" was just a few kilometers ahead, I slowed down and excitedly kept my eyes peeled for what I assumed would be a thriving community complete with a Gramling Bakery, a Gramling Hofbraeuhaus, and, of course, a Gramling

Church.

Know what happened? I blinked and MISSED IT! That's right, the "town" of Gramling was nothing more than a small handful of houses and barns in the middle of nowhere, next to nothing. So much for being famous or important.

At times like that, I'm so thankful the Bible says God personally formed and shaped me in my mother's womb. What could make any of us more important than being hand crafted by the master of the universe?

As a Christian, I am challenged to not look to what I can do or be (rank) in this life for a sense of value, but rather to who and what I am in Christ.

If I do this, I don't have to have a town named after me to feel important. My challenge for you is simply this: Do you think you are important? Think again.

As a wise old man once said, "Naked I came from my mother's womb and naked I will depart." (Job 1:21a). Sobering truth. The important questions you should be asking yourself are: Who am I? Why am I here? Where am I going when I die?

If your answers to those questions leave you in want, I urge you to seek the Lord today while there is still time.

He can and will show you what is really important in this world. As a chaplain, I stand by to help you in your search. Come and experience being important to God.



STATIONS OF THE CROSS

Three Stations of the Cross Catholic Services are scheduled during March. Soup and bread supper in the activity room follows each service.

The times and dates are as follows:

5:30 p.m., Tuesday, Main Post Chapel

5:30 p.m., March 23, Main Post Chapel

5:30 p.m., March 30, Main Post Chapel

For more information about post religious services, contact the Installation Chaplain's Office at 751-3121.



PROTESTANT

- Sunday
9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
9 a.m. Daniel Circle Chapel Gospel service, Post Theater
9:30 a.m. Hispanic, Solomon Center
9:30 a.m. Main Post Chapel
10:45 a.m. Sunday school, Main Post Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next, Bayonet Chapel
6 p.m. Transitions Christian service, Anderson Street Chapel
- Wednesday
6 p.m. Prayer service, Magruder Chapel

Protestant Bible Study

- Monday
7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday
9:30 a.m. to noon Women's Bible study (PWOC), Main Post Chapel
- Wednesday
6 p.m. Gospel prayer service, Magruder

Chapel
7 p.m. Gospel Bible study, Magruder Chapel
7 p.m. LDS scripture study, Anderson Street Chapel

■ Saturday
8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

Protestant Youth of the Chapel

- Sunday
5 to 6:30 p.m. Club Beyond youth group, Main Post Chapel
- Saturday
11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

CATHOLIC

- Monday through Friday
11:30 a.m. Mass, Main Post Chapel
- Sunday
9:30 a.m. CCD (September through May), Education Center
9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
11 a.m. Mass (Main Post Chapel)
12:30 a.m. Catholic youth ministry, Main Post Chapel
7 p.m. Women's scripture study, Main Post Chapel
8 p.m. Mass, McCrady Chapel (SCARNG),

McCrady Training Center

■ Wednesday
7 p.m. Rosary, Main Post Chapel
7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel

■ Friday
11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

ANGLICAN/LITURGICAL

- Sunday
8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
1 to 2 p.m. Jumah services, Main Post Chapel

JEWISH

- Sunday
9:30 to 10:30 a.m. Worship service, Memorial Chapel
10:30 to 11:30 a.m. Jewish book study, Post Conference Room

CHURCH OF CHRIST

- Sunday
11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

- Sunday

9:30 to 11 a.m. Anderson Street Chapel

■ Thursday
7 to 8 p.m. LDS scripture study, Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
4581 Scales Ave.
- Family Life Chapel**
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- Main Post Chapel**
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**
4475 Gregg St., 751-3121/6318

Karate Kids

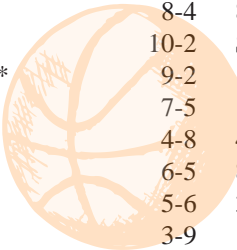


At left, Sensei Tom Bryant, with the Columbia School of Karatedo, watches as Latravian Wylie, 7, and Dixie Johnson, 6, demonstrate their technique. Above, Samantha Rieches, 13, practices her form with a 6-foot bo. The students were all part of a Karate class offered by the SKIES program. The classes are offered to children as young as 6, and go from beginner-level Karate to advanced. Visit www.fortjacksonmwr.com or call 751-4865 for more information about this and other classes.

Photos by CRYSTAL LEWIS BROWN

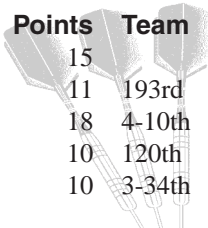
Winter basketball standings*

Monday/Wednesday League		Tuesday/Thursday League	
VA**	11-1	NightFlyte**	10-0
81st RSC**	9-3	LOD**	8-1
120th	8-4	80th**	8-2
MEDDAC	10-2	SSI/TSB	7-5
Swampfoxes**	9-2	187th	6-6
SCNG**	7-5	1-61st	4-4
3-34th	4-8	4-10th	5-5
2-39th	6-5	81st	5-6
1-34th	5-6	3-60th	2-8
171st	3-9	193rd	2-9
1-13th	2-10	2-60th**	1-10
Enforcers**	2-10	165th	1-11
TFM	0-11	*Standings as of Wednesday morning	
		**Denotes recreational teams	



Darts standings

Team	Points	Team	Points
Sharp shooters	15	193rd	8
1st CivDiv	11	4-10th	8
187th	18	120th	7
TFM	10	3-34th	2
165th	10		



Sports shorts

GOLF

Registration is open through March 22 for intramural and recreational golf. League play begins April 5. Teams may have up to eight players. Matches are played 5 p.m., Tuesdays. To register, submit the players' names and team name to the Sports Office. A captains' meeting will be scheduled before league play begins. For more information, call the Sports Office at 751-3096.

SHAMROCK SHUFFLE

A Shamrock Shuffle 5K walk/10K run is scheduled for 8 a.m., Saturday. Race-day registration is open from 6:45 to 7:30 a.m. The walk/run is open to any ID card holder or authorized Family and Morale, Welfare and Recreation facility patrons. Call 751-3096 for more information.

GYM CLOSURES

The following will be closed during the specified dates:
❑ Vanguard Gym racquetball court — Monday through March 18
❑ Coleman Gym racquetball court — March 19-22

❑ Andy's fitness studio — March 23-26

LIFEGUARD CLASSES

Registration for lifeguard classes is under way. Upcoming dates are: March 25-April 3; April 15-24; May 13-22; May 27-June 5; and June 17-26. Each class runs 4 to 9 p.m., Fridays, 9 a.m. to 6 p.m., Saturdays and 1 to 6 p.m., Sundays.

Participants must be at least 15 years old by the last day of the course and be able to pass the prerequisite swim test. The test will be given on the first day of the class. The fee is \$100 for ID-card holders and \$150 for non ID-card holders. Call 751-4796 or 206-0633 for more information.

SWIM LESSONS

Adult swim lessons are being offered at Knight Pool. Each two-week session consists of eight classes and cost \$40. Beginner classes are 4:30 to 5:30 p.m., and upcoming dates are: Monday through March 24; April 11-21; May 16-26. Intermediate classes begin at 5:30 p.m. on those same dates. Call 751-4796 for information.